

COVID-19



WHAT IS SELF-ISOLATION?

If you are a confirmed case of COVID-19, are a close contact of a confirmed case, have been tested for COVID-19 and are awaiting results, or have travelled outside of Canada, you should self-isolate.

Stay in your home and do not have visitors. Ask family and friends not to visit.

Try to live apart and separate yourself from others in the house including sleeping arrangements and bathroom use.

Cancel appointments unless it is for an urgent medical reason.

Do not go to work, school or public areas, such as stores, shopping malls, restaurants and places of worship. Work from home if possible.

Do not use public transportation, taxis or carpool.

Use delivery services for groceries and other needs.

Avoid face-to-face contact with others. Keep two metres (six feet) from other people.

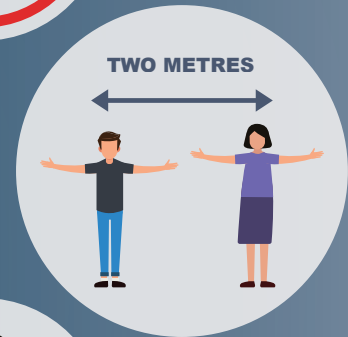
Wear a face mask if you are in the same room with anyone or if you must leave your home for urgent medical care.

Wash your hands often and cover your cough or sneeze. Use hand sanitizer if you cannot wash your hands.

Monitor your health, check your temperature each day and drink lots of fluids.

Wash household items like dishes, cups, eating utensils, towels and bedding with soap and water, and do not share these with others.

Clean surfaces that are touched often (counters, table tops, doorknobs, toilets, sinks, taps, etc.) at least once a day using store bought disinfectant.



Think you need COVID-19 testing? Use the self-assessment tool at covid19.thrive.health to find out if you should call your health care provider or 8-1-1 to get tested.

For general information from the British Columbia Centre for Disease Control (BCCDC), call 1-888-COVID-19, text 604-630-0300 or visit www.bccdc.ca